

VALUES: WHAT IS IMPORTANT TO ME



Imagine that an uncontrollable fire has unexpectedly started to rage in the very back corner of your home.

You have to act quick. You have enough time to safely remove 5 things (all family = 1 total and all pets = 1 total) before the flames and smoke overtake the interior of your home and you must completely evacuate. Everything else is completely lost to the flames.

What do you rescue? In what order? And why?

What do you Value in Life?

While this exercise can be stressful to imagine and work through, the goal of it is for you to conceptualize and prioritize what's REALLY important to you in your life and how much value you place on certain objects and why.

Your values are things that you believe are most important. Values help determine your priorities in life and influences the decisions you make. For example a person who values wealth might prioritize their career. A person who values family might try to choose a career that does not take them away from home.

ACTIVITY ONE

What five (5) things would you take if you had to suddenly leave a burning home?

1.
2.
3.
4.
5.

Values:

Clues To Who You Are!

Our values shape how we live. They help us choose our occupation and our friends, and they determine how we face challenges in life. In short, values define who we are.

Decide which value from the list on the next page matches the clues that are orbiting in space.

Check the six values that are most important to you. Discuss your results with your parents. Do you share the same values?

Which ones are different?

1. I want a steady job with a steady paycheck.

2. I need to work with activities that frequently change.

3. I like to work in an environment that encourages people to come up with new ideas.

4. I prefer to work with little or no supervision.

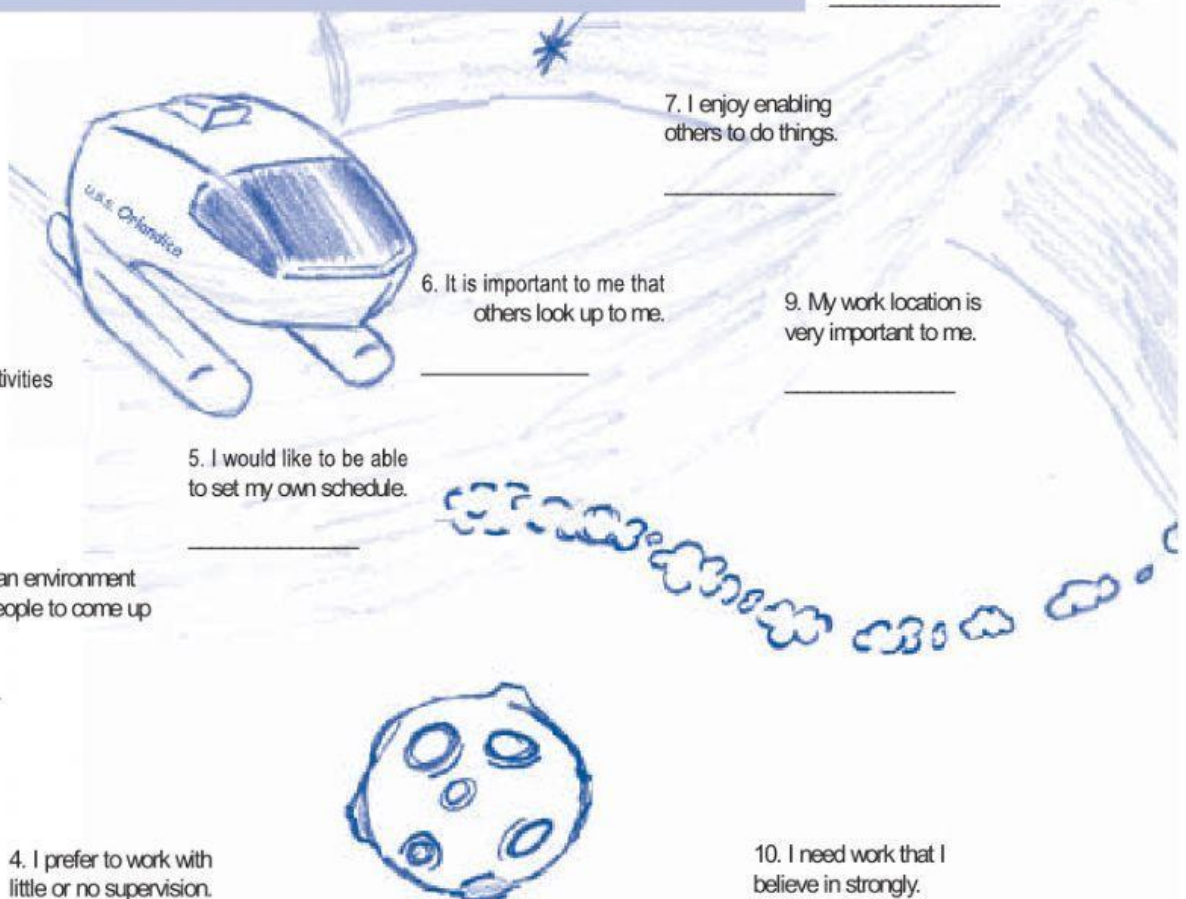
7. I enjoy enabling others to do things.

6. It is important to me that others look up to me.

5. I would like to be able to set my own schedule.

9. My work location is very important to me.

10. I need work that I believe in strongly.



11. I like to troubleshoot problems and come up with solutions.

21. I like to feel I belong to a group.



12. I'm really interested in new equipment and technologies.

20. I want to develop specialized knowledge or skills.

22. I enjoy doing things with members of my own family.

13. I need to enjoy what I do.

23. I want my work to improve the world in which we live.

14. I enjoy working closely with others.

19. I prefer to avoid pressure or stress.

15. I need stimulating or exciting work.

18. I seek out understanding of information and facts.

16. Attention to detail is important to me.

17. I like to work in an organized way.

Values

Morals
Freedom
Status
Money
Creativity
Independence
Teamwork
Ethics
Expertise
Variety
Precision
Excitement
Family
Fun
Technology
Structure
Security
Affiliation
Empowerment
Knowledge
Problem-solving
Serenity
Location

10 - Morals 5 - Freedom 6 - Status 8 - Money 3 - Creativity 4 - Independence 14 - Teamwork 23 - Ethics 20 - Expertise 2 - Variety 16 - Precision 15 - Excitement 22 - Family 13 - Fun 12 - Technology 17 - Structure 1 - Security 21 - Affiliation 7 - Empowerment 18 - Knowledge 11 - Problem-Solving 19 - Serenity 9 - Location